

## SECTION #4

**BEST DEFENSE:  
HAND WASHING**

# **YOU MUST WASH YOUR HANDS:**

- ✓ Before preparing or eating food
- ✓ After using the bathroom
- ✓ After working directly with the person you are supporting, especially following changing incontinence garments, toileting, etc.
- ✓ Before and after tending to someone who is ill





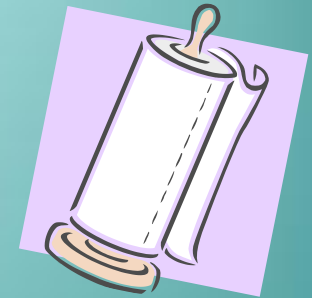
# **ALSO, WASH YOUR HANDS** **BEFORE AND AFTER:**

- ✓ Blowing your nose, coughing or sneezing
- ✓ Touching eyes, nose, mouth, genitals, sores, acne, boils or rashes or any body fluids
- ✓ Handling animals or their waste
- ✓ After handling garbage
- ✓ Before and after treating a cut or wound





# APPROPRIATE HAND WASHING



- 1) Use **soap** and **water**--wet hands using clean warm running water
- 2) **Rub** hands together, lather, **scrub** all surfaces, attention to **nails** (**20 seconds**/long enough to sing "Happy Birthday" twice)
- 3) **Rinse** hands under running water
- 4) **Dry** hands with paper towel or air dryer; use towel to **turn off faucet and open door**





# ALCOHOL BASED GELS

If soap and water are not available, or in addition to hand washing, use alcohol based gels

- 1) Apply product to one palm of hand
- 2) Rub hands together
- 3) Rub product over all surfaces of hands, fingers and nails until hands are dry

